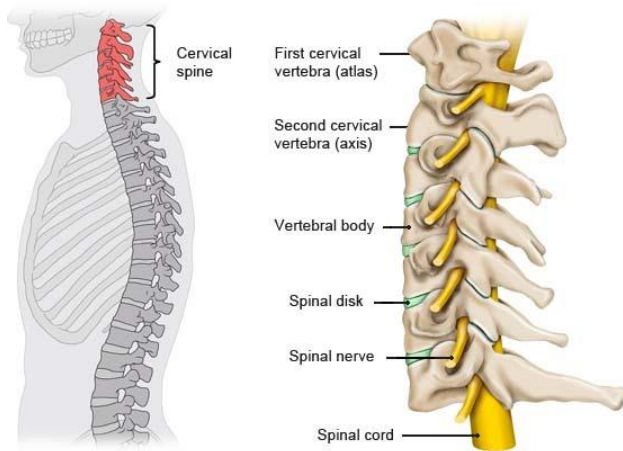


# ANTERIOR CERVICAL DISCECTOMY AND FUSION (ACDF)



BRAIN & SPINE  
CENTRE  
SYDNEY

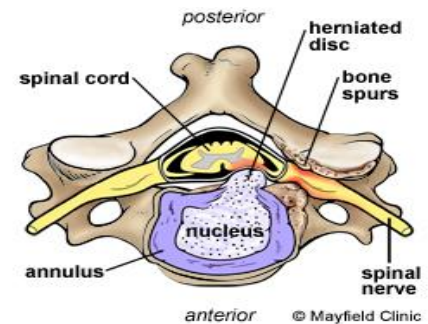


This surgery may be used in patients who have nerve or spinal cord compression from in front by disc, bone or ligament. Surgery involves removing the disc from in front and replacing it with a cage. Symptoms vary from arm pain/weakness or numbness (with nerve compression) to unsteady walking, bowel/bladder disturbance or clumsy hand function (with spinal cord compression).

## REASONS FOR SURGERY

Surgery is indicated in patients whose symptoms are not settling or becoming unmanageable. Generally, surgery is offered after most conservative options have failed. Early surgery may be performed in patients who have worsening weakness or symptoms suggestive of spinal cord compression. The benefits of the surgery should always outweigh the risks.

Surgery aims to reduce pressure on the nerve and therefore relieve symptoms. With compression of the spinal cord, the main aim is to prevent worsening of symptoms, as it may not be possible to reverse symptoms.



## RISKS OF SURGERY

All surgery has some risks and these vary between procedures. The risks with surgery can be related to the anaesthetic, medication or the operation. Risks related to the anaesthetic depend on your other medical issues and to the medications used and include heart and lung problems, clots in the lungs or legs. Generally, surgery is safe and major complications are uncommon. The chance of a minor complication is around 3 or 4%, and the risk of a major complication is 1 or 2%. Over 90% of patients should come through their surgery without complications. All surgeries carry a small risk of something catastrophic such as death.

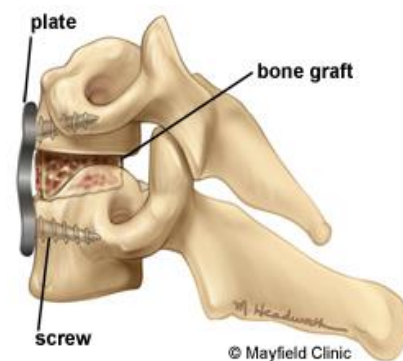
The risks involved with anterior cervical discectomy and fusion include: failure to fuse/pseudo arthrosis (risk higher in smokers and in those having >1 level fused), adjacent level disease, droopy eye (Horner's syndrome), damage to the carotid or vertebral artery resulting in a stroke or excessive bleeding, even death, damage to the recurrent laryngeal nerve resulting in a hoarse voice (either temporary or permanent), damage to the superior laryngeal nerve resulting in difficulty swallowing, tracheal (wind pipe) or oesophageal (food pipe) injury, implant failure, movement or malposition, recurrent disc prolapse or nerve compression, spinal cord injury – weakness, numbness, altered bowel/bladder/sexual function, paraplegia or quadriplegia, spinal fluid leak, difficulty swallowing, persistent or recurrent symptoms, bleeding and infection.

## PROCEDURE

The surgery will involve a general anaesthetic so you are asleep throughout the procedure. The surgery is performed with microscopic magnification. A linear incision is made on the left hand side of the neck and a path made between the oesophagus (food pipe) and trachea (wind pipe) on one side and the carotid artery and neck muscle on the other. This allows us to reach the anterior aspect of the spine.

The disc is removed and any bony lipping or compressive ligament is also removed. The disc space is prepared for the implant. A cage containing calcium material is placed into the disc space and a plate with screws applied to the front for added stability.

The wound is closed with a dissolving suture underneath the skin and reinforced with sticky paper strips, with a sterile dressing over the top. At the end of the procedure, the general anaesthetic is reversed and you will be taken to the intensive care unit for observation overnight. X-rays are performed the following day to ensure adequate placement of the hardware.



## DISCHARGE

Most patients go home 3-4 days after surgery. You will be reviewed by the physiotherapist to determine suitability for discharge. You must also be able to eat, drink and go to the bathroom prior to discharge. Your sore or hoarse throat will go away over time. Each person varies, but it may take weeks for it to feel normal. The pain should be easily controlled with tablet pain killers. You should discuss with your surgeon when to resume any blood thinning medications which have been stopped for the surgery.

You should continue with regular gentle exercise on discharge as well as any exercises given to you by the physiotherapist. You should avoid activities such as heavy lifting, moving objects or bending/twisting the neck. You should not swim for 3 weeks after surgery.

You may drive when you are no longer taking narcotic pain pills and can turn your head adequately to check your blind spots. Limit driving to short trips and slowly increase your driving time. You may need to make plans to be off 2-6 weeks depending on the work you do. Heavy lifting may not be allowed for 12 weeks.

## WOUND CARE

The wound will be closed with dissolving stitches and reinforced with sticky paper strips. The wound must stay covered for 1 week and the dressing changed each day after showering. After one week, the dressing may be removed and left off. The paper strips will fall off over 1-2 weeks.

Your wound will be healed within two weeks from your surgery unless there has been some reason to delay that healing. In addition people that have other medical problems such as: diabetes, people who need to take daily steroids for other conditions, and those people whose immune system may be compromised, may need additional time for their wounds to completely heal.

If there is any redness, tenderness, swelling or discharge of the wound, you should see your family doctor immediately.

## FOLLOW-UP

You will need to be seen again by your surgeon 6 weeks after surgery with a neck X-ray. X-ray imaging is performed at regular intervals after the surgery to ensure adequate fusion is taking place.



